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New Points of View on Concept of Health and Lifestyle

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Abstract

Health condition is related to the dynamic equilibrium between the body's abilities and the demands to which it is subjected and should not be regarded as a definitive good win, but as a labile state. Overcoming the defense capacity of organs and body systems, inadequate coverage in the individual psyche phenomena taking place in his own body (or out of) failed social integration characteristic, any of these factors can disturb the health balance and creates conditions for disease. Each person gives particular importance to the five dimensions of health. Some individuals are more interested in intellectual or emotional health than physical health. Others can draw great satisfaction from their relationships with other people or engaging in work for religious ideals. Health dimensions form a whole, which interacts to ensure efficiency and comfort functions. Cultivating a certain proportion entails the development of the rest. Similarly, missing a single dimension can have severe effects on the overall health. To maintain a good health, we must pay attention to all five scales, identifying links between them and trying to keep them in balance. Lifestyle directly influences an individual's health and it is a factor that can be controlled. While heredity and environment play an important role in our health status, the choices we make regarding lifestyle affect our health and influence our health condition to an even greater extent.

Lifestyle refers to the way we live (attitudes, habits and behavior) in everyday life. Although not all components of lifestyle is under the control of the individual, everyone deals with different lifestyles that directly affect the health and well-being in the short or long term. Lifestyle includes several components through which people carry out major aspects of their live (example, work, relaxation, nutrition, problem solving). The concept of "style" implies a structure rather than an isolated event.

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1. Background

The Explanatory Dictionary of Romanian language defines health as „a state body to which all organs are functioning normally and regularly do”. In 1967, the World Health Organization said that health is „a state of complete physical, mental and social, and not the absence of disease or infirmity”, a process that contributes to personal comfort and balance.

Lifestyle directly influences an individual's health and it is a factor that can be controlled. While heredity and environment play an important role in our health status, the choices we make regarding lifestyle affect our health and influence our health condition to an even greater extent. Lifestyle refers to the way we live (attitudes, habits and behavior) in everyday life.

From the perspective of American specialists in the U.S., lifestyle contributes greatly to 7-10 of the causes leading to death. Although not all components of lifestyle is under the control of the individual, everyone deals with different lifestyles that directly affect the health and well-being in the short or long term. Lifestyle includes several components through which people carry out major aspects of their live (example, work, relaxation, nutrition, problem solving) (Donatelle, 2009).

2. Objective of the paper

The purpose of this paper is to identify recent opinions of specialists in the field of medicine, physiology, biochemistry and psychology regarding the concept of health and lifestyle and to promote a new perspective that supports resizing state health and lifestyle adaptation to modern society. Thus, their systematic analyses lead us to a new approach to the concept of health by dealing the following dimensions: emotional, intellectual, physical, social and spiritual.

Outlining a modern framework which integrates the concept of "style" as a structure and not as an isolated event was based on a selective and deductive judgment. This paper represents a clear and solid material for those interested in having an organized healthy lifestyle that is at the same time integrated in modern society.

3. Discussions regarding to systematic review

3.1. Dimensions of health

Body, mind, spirit, family, community, education and beliefs are all interrelated. The manner in which these issues interact reinforces a person's life, which helps define the uniqueness of the person and its health (Burns, 1999). All the aspects of a person's life work together in an integrated way that allow him not only a long survival time, but also the joy of living (Phillips, 2010).

The quality of a person's health reflects his emotions, his feelings for himself or others. Emotional health includes emotional understanding and knowledge of how to solve daily problems, stress and the ability to study, to work, to perform tasks effectively and with good humor. Physicians frequently highlight body emotional state connections (Burns, 1999). For example, an individual with a good emotional state shows a low rate of stress-related diseases (ulcers, migraines, asthma). When stress or emotional disorder continues for a long time, the immune system is affected, emphasizing the risk of various diseases (Crețu, 2010).

Some researchers have argued that personality trait called “force of character” can help strengthen the immune system against the harmful effects of stress. This force is defined as an adaptation of an optimistic approach to life issues, including illness as a challenge that can be manipulated (Donatelle, 2009).

Another dimension is spiritual health, that feeling or emotion which gives harmony to the behavior and values of person. Some health professionals claim that spiritual forces affect and are affected by overall health. Spiritual

health may include feelings of awe, deep religious faith and sense of inner peace in someone's life. It develops the knowledge and understanding of the significance of the relationship with the universe and life itself.

Numerous studies have shown a link between religious affiliation and a low rate of chronic disease and mortality. Some people attribute these effects to religious rules, arguing that religion discourages behaviors that can lead to severe health problems (Shilstone, 2003). Other people have said that religious affiliation can contribute directly on the health and good mood, which causes the sacral therapy.

Intellect, the important mental aspect contributes to the essential decisions to maintain the health or welfare of the individual. Although IQ varies from individual to individual, all individuals are able to learn, acquire and evaluate information, to choose between alternatives and make decisions on various types of concerns, including health. The intellectual health is sometimes included in emotional health as mental health. However, it is refined from intellectual thinking. Emotions can alter a person's thinking ability and confused thinking may increase the number of problems (Burns, 1999).

The relationship between emotional and intellect does not overlap. Daniel Lagache (1967), summarizing data from some scientists, describes the main features of mental health as it follows: ability to produce and put up tolerate high amounts of stress and to reduce them in a form satisfactory to the individual; resilience to the group's own aspirations; ability to adapt their behavior to different types of relationships with others and ability to identify both with the conservative forces and with the innovative society.

According to Constantin Gorgos (1980), mental health appears as a broad overview, the result of a complex set of parameters of organic and social life, that are in a dynamic equilibrium, but that project a functional or morphological model in history vital. Manifestation of these health states corresponds to a realistic vision-logic of the world, coupled with the existence of psychological and social work disciplines and based on volitional self as social norms, joy of living and introversion-extroversion balance.

Physical health refers to the state of the body and its responses to the aggression of a disease. To maintain a good physical condition, physical health it is important to embrace those behaviors that give us a physical well-being (Phillips, 2003). For example, avoiding smoking and alcohol, balanced diet, maintaining a healthy weight through exercise will ensure that the health of the human body (Shilstone, 2003). Fundamental skills of self-care can help people solve their minor health problems. If you experience serious medical problems special check-ups in institutions and health services are recommended.

Social health refers to the ability to be a citizen in an efficient, comfortable and pleasurable way, without disturbing the climate of social ecology, protection of other persons. This role involves risks and responsibilities, and an effective communication "give and take". Healthy relationships never involve only a single direction (Diamond, 2001). Fulfillment of human emotions (love, intimacy, affiliation) is an important factor in achieving social health. People who are deprived of these feelings can develop behaviors that constitute a threat to their health and fun, thus falls under the field of social pathology.

3.2. Dimensions of lifestyle

Lifestyle components create general types of behavior. Each individual develops a lifestyle largely by trial and error. People experience different activities, usually adopt the habits that they personally consider most successful and satisfying (Donatelle, 2009). These behaviors can be grouped into a number of structures that intersect and create the lifestyle components. Each component can trigger some effect on several dimensions of health of each person.

The ways in which individuals produce, create and study consists on working style. Some people are perfectionists; they constantly battle so that every aspect of their work can be perfect. Others are more concerned with volume than the work quality (Donatelle, 2009). It is considered that traditional physical work is the foundation of a long, healthy life. Most of the healthy people that live a long life from Romania live in the

countryside. In Romania, most of the healthy people who live a long life are people who live in the countryside. Other type of exercises stimulates the mind and helps maintain intellectual health.

Recreational style, the way in which people organize and spend their free time affects health and positive thinking. People can engage in recreational activities through exercise, which stimulates the mind and helps in relationships with others (Donatelle, 2009). However, some recreational activities can be harmful, even dangerous. For example, excessive emphasis on competition and aggression can damage social relations, which leads to stress. Also, people who spend their free time drinking alcohol or drugs will face severe physical and social problems.

This style refers to the ways in which people think, take information and make decisions. Being meticulous in solving problems is a personal characteristic which analyzes all response options and decisions based reverse shuttle (Shilstone, 2003). Another type of response, specific for humans is the answer based on intuition (based in fact on the experiences stored subconsciously), feelings and manifests as an impulsive response. There are also passive type decision, in which the answer is timed when being passed to others. Certainly, these decision types require and involve cognitive mechanisms, energetic tone, temperament, skills. Cognitive style may be associated directly with the social condition of the person and his health (physical and mental) (Shilstone, 2003).

The ways in which people communicate, allowing their peers to find out what, how they feel or what they think and the way in which they respond to the ideas and feelings of others, are parts or aspects of their communication style. Some individuals use words to express their feelings, while others feel uncomfortable when expressing emotions (Newsholme, 2010). Psychological evaluation sessions well differentiated these issues. A person who fails to externalize emotions may suffer social and emotional tension, which can lead to impaired health.

Communication is only one aspect of form of how people interact with each other. The relational style of a person involves other types of interaction. For example, some individuals within a group may take the lead while others indulge in being driven by another person. Of course, this is a psychological characteristic, a personality trait (Donatelle, 2009). Other aspects of this style include the integration into a social group, the types of relationships with the family and friends. Emotional and mental health largely depend on the person's ability to deal with interpersonal relationships in a manner consistent with his personality and avoiding stress.

An individual's attitude towards food as an energy source is the nutritional style of a person. For some, food is a major source of satisfaction, pleasure; for others it is only the necessary substance that keeps the body functioning (Driskell, 2006). The physical health of a person depends largely on what they eat. The groceries also have an impact on intellectual health, causing or inducing satisfaction or frustration. Proper diet became scientific principles of medicine and is used as effective therapeutic means to preserve health (Gropper & Smith & Groff, 2009). How a person's physical environment interacts with external environment defines his style and reflects his level of concern regarding the goal to maintain a healthy physical environment. The goal involves decisions about personal attitudes in order to avoid pollution of air, water and soil, as the environment ultimately affects the quality of human life and society (Crețu, 2003).

4. Conclusions

During life, a person encounters all threats that tend to disintegrate the system's stability balance. Therefore, it adapts and changes in order to maintain its biological identity. In order to achieve this capacity, the body tries to keep a balance between constant factors (temperature, pulse, blood pressure, fluid content, blood sugar and so on). Homeostasis is achieved by automatic mechanisms in the body work. For example, thermogenesis and thermoregulation is subject to thermolysis. Returning to equilibrium state is a key factor in healing or disease. The human body can automatically regenerate, replacing most cells base through morphological processes. By healing the wounds and replacing the materials "used" in the regeneration, the body manages to return to a state of homeostasis (Newsholme, 2010).

The dimensions of health can be influenced by a number of factors. One obvious factor is the access to competent medical care and health education, from which a person can benefit not only in terms of physical and mental or social. Environmental factors (home and neighborhood safety), accompanying public services, the amount of toxic substances in soil, air and water can be controlled to some degree by the very person's ability to choose where to live. However, for most people, environmental factors are the characteristics of life that can be influenced and changed with great difficulty.

Hereditary factors, which are harder to control, life characters who are "manipulated" by genes. Genes or "codes" inherited every cell of the body, controlling many aspects of individual development, the sex designation until the predisposition to certain diseases (Donatelle, 2009). They can affect physical health, emotions, intellect and even social life leading to fundamental aspects life and health of the individual. Genetic factors cannot be controlled by individuals, although they may be often compensated.

Designated health goals cannot be based only on health related information. They must be compatible with the purposes each and one of us. A person wants to lose weight or to gain weight, in order to be more attractive. Another wants to lose weight to balance their blood pressure or blood sugar. Objective information about health has a major part in the appointment of health goals, maintaining complex personal needs and desires.

Defining personal goals is an important step in gaining satisfaction and "fulfillment". If needs and expectations are translated into specific objectives, they may remain only at the level of ideas, awakening feelings of frustration instead of concrete plans for change. Without goals, one cannot measure progress or success when it comes regarding indulgence. Objectives are important because individuals can experience the satisfaction and sense of achievement that comes with their implementation. Obviously, the goals must be realistic to the needs, desires and availability of individual inducing self respect. Setting unrealistic targets due to emotional distress creates cognitive dissonance, which leads to failures that undermine the image, self-esteem and can jeopardize physical health.

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